

# Sourdough Sentinel



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## Senior leadership discuss contributions of USAF

Airmen,

This past Monday, the Secretary of Defense delivered and address at Maxwell AFB to the students of our Air War College and Air Command and Staff College. Initial press coverage of his remarks misrepresented the tone and content of his address. Whereas some press reports characterized Secretary Gates as making a singular critique about one Service's commitment to the Global War on Terror, his remarks were instead focused on the need for innovative thinking from all the Services.

As Secretary Gates himself explained: "... I think if you read the text of the speech, you'll see that it's not a dig at the Air Force at all. In fact, a significant part of the speech was full of praise at what the Air Force has done in the Middle East and Iraq and Afghanistan and the whole theater." Secretary Gates challenged his entire Department and the leaders of every service "to think out of the box" in continuous pursuit of ways to deliver what is needed for the joint force in harm's way. The Air Force is well suited for that innovative pursuit. Every Airman should take Secretary Gates' comments to heart and strive to find more and better ways for the Air Force to contribute to the War

on Terror.

It is important for all Airmen to know Secretary Gates applauded Airmen for their significant contributions to the Long War, just as he has praised America's Soldiers, Sailors, and Marines. It is also important for Airmen to know Air Force contributions are making a difference, and that Airmen continue to do everything possible to support the SECDEF's priorities. He has asked all Services to accelerate transformational initiatives like those in the Quadrennial Defense Review, and the Air Force is doing just that.

In short, Airmen are "all in" to fight today's war on global terrorism. From strategy to tactics, the Air Force has leaned far forward to deliver instruments of national power in a rapidly changing world. Every able-bodied Airman—Regular, Guard, and Reserve—is fully deployable. Indeed, Airmen have filled over 524,000 deployments since the war began. Today, 24,000 Airmen are delivering a full spectrum of air, space, and cyber power to the Joint Force Commanders conducting operations in USCENTCOM, every hour of every day.

Air Force engagement in CENTCOM's AOR is only the tip of the iceberg. About 200,000-plus Airmen are in direct support of combat-



**Contributions of America's Airmen**

PHOTO ILLUSTRATION BY STAFF SGT. COREY PARRISH

ant commanders around the clock and around the globe to provide all with critical air, space, and cyber capabilities. Airmen are in the most dangerous places on the planet tonight to protect America. Airmen have been vital to the success of the Joint team in this critical Global War on Terror, while at the same time providing the global strength and deterrence that keep our enemies at bay and our friends assured.

The Air Force was born of an innovative spirit and a willingness to

question the status quo. Airmen are applying that spirit daily to address America's challenges. In sum, our Air Force is 'in the fight' to win, and is deterring any aggressor from doing us harm while we succeed in the Global War on Terror.

We are proud of the hard work that you ... America's Airmen ... undertake every day. Secretary Gates has challenged us to continue to honor our heritage of innovations. The Airmen of the United States Air Force will succeed in meeting his charge.

Michael W. Wynne  
Secretary of the Air Force

T. Michael Moseley  
General, USAF  
Chief of Staff

## EAFB Military Conservation Agents recognized for having best military support program in DOD

By Staff Sgt. Jared Marquis  
3rd Wing Public Affairs

From chasing bears out of housing, enforcing fish and wildlife laws, to educating the public, the efforts of Elmendorf's Military Conservation Agents tend to be behind the scenes and rarely noticed ... until now.

The program was recently recognized by the National Military Fish & Wildlife Agency for having the best Military Support of any Natural Resources program in the Department of Defense.

"I nominated the MCA program because the MCAs inspire me every day with their dedication and contributions to the people on Elmendorf," said Gregory Schmidt, Environmental Planning and Conservation chief. "They are the unsung heroes of the base."

The program, which has been around since the fall of 1991, is led by Mark Sledge, a graduate of

the Federal Law Enforcement Training Center. Agents are active-duty members, who dedicate their off-duty time to educating the base populace about Alaskan wildlife, enforcement of Natural and Cultural Resource laws, and assisting Security Forces by serving as "eyes and ears" for criminal activity or trespassing in the undeveloped portions of the base, said Mr. Schmidt.

### Fast fact info

- When was the program started - 1991
- Number of Military Conservation Agents in 2007 - 32
- Number of Hours Volunteered - 8,237 or 3.5 years
- Average number of wildlife responses per year - 200-300
- Average Amount of Angler Surveys each year - 100

But, that is not all they do.

"These agents go above and beyond in ways that most people would never imagine," he added. "For

example, during last fall's moose hunt, several agents physically removed the gut pile from a moose kill because they were concerned that it would attract ravens and other birds to the end of the Sixmile Sportsman's Club runway."

It is tasks like these that go largely unnoticed by the majority of Elmendorf residents. Many Elmendorf residents are unaware of the level of protection offered by the MCA program.

"Most families in housing have no idea that an MCA has rolled through the housing area and school yard in the early morning to check for moose that might be a threat to their child walking to school," said Mr. Schmidt. "Many pilots don't know that MCAs have frequently been called to support removal of moose from the airfield."

Mr. Schmidt credits the success of the program to the civilian leadership of Mark Sledge, as

**Story continued, Page 5**

# Helpful tips for long, successful AF career

**Commentary by Lt. Col. Mike Cannon**  
62nd Aerial Port Squadron commander

## MCCHORD AIR FORCE BASE, Wash.

(AFPN) -- A few years ago, I read an article written for an Air Force base paper in England. It was written by a captain in the Area Defense Counsel office. In it, he discussed, from his experiences the top ten things an Airman could do to stay out of trouble.

I've had the opportunity to command five different units and have found that advice to be spot on. I took that top-10 list and modified it a bit to fit my experience and perspective as a commander.

**10.** Quit getting sloppy drunk. The vast majority of Airmen (of all ranks) who come see me in their service dress were for alcohol-related incidents. In fact, most of the other items on this list are either caused by or exacerbated by alcohol abuse. Drinking underage? Had an alcohol-related incident? You're sloppy drunk.

**9.** Don't EVER do drugs. There is no room in our Air Force for drug abusers. Don't do illegal

drugs -- ever.

**8.** Don't lie, even a little. I correct mistakes and punish crimes. Don't turn a mistake into a crime by lying to cover it up. If you are read your rights, you have two choices: tell the truth, the whole truth and nothing but the truth, or say nothing at all until you consult a lawyer. Doing anything else will make the situation much worse.

**7.** Live within your means. The formula is easy even if math is not your strongest subject. Write down how much you make each month. Below that, write down how much you spend each month. Subtract the bottom number from the top number. If the answer is less than zero, you are not living within your means.

**6.** Be likeable and valuable. If you are a team player, strive to get along in the workplace and do what is expected of you; your supervisors will notice and appreciate you. They will provide you opportunities to excel.

**5.** Don't fight. If you really want to duke it out with somebody, try organized boxing. It's a lot harder than it looks.

**4.** Be squared away. When does a good Airman need a haircut? Never! A good Airman gets a haircut before he or she needs one. Be punctual for ALL appointments. If you are early, you're on time. If you are on time, you're late.

**3.** Treat everyone with respect. All of our Airmen have earned and deserve our respect. If we treat each other with respect at all times, most of these other problems go away.

**2.** Don't hang out with idiots. If it looks like a duck, walks like a duck and quacks like a duck, it's probably a duck. You're known by the company you keep. If your friends are doing the things listed above, people will assume you are, too.

**1.** Always ask for a lawyer. It's not only your right, it's a really good idea. If you are in my office in your service dress, you can bet I've already talked to a lawyer. Contact the ADC before answering questions and anytime you are given paperwork. Even if the lawyer there can't help get you out of the predicament you're in, he or she will help you present your best case and minimize the damage.

## Sourdough Sentinel

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For more information, call the Sourdough Sentinel office at 552-2493 or 552-4659, e-mail: [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil), fax us at 552-5111, or write to us at:

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Brig. Gen. Tom Tinsley  
Commander, 3rd Wing

## O<sup>UTSTANDING</sup> P<sup>ERFORMERS</sup>

**Tech. Sgt. Angelica Chica**, 3rd Dental Squadron, is the Chief of Preventive Dentistry and the dental squadron's sole registered-licensed dental hygienist. She also served as an adjunct faculty staff member for the University of Alaska Anchorage Dental Hygiene Program. During this time she provided 768 hours of instruction to 12 senior students during clinical rotations at the 3rd DS. With her oversight, the students provided more than \$60,000 of treatment to 390 Arctic Warriors.

**Airman 1st Class Bryan Stake**, 90th Fighter Squadron, provided outstanding intelligence support to mission planning as lead squadron intelligence specialist during the first F-22A Raptor Mission/CC Vul; this package consisted of eight separate airframes. He also collected invaluable intelligence mission reports from 27 F-22 pilots and identified critical threat tactics to the Red Flag Combat Intelligence Cell for dissemination to all participating Red Flag Coalition Air Forces.

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Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Tom Tinsley. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**[actionline@elmendorf.af.mil](mailto:actionline@elmendorf.af.mil)**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**  
Lt. Col. James Hodges,  
3rd CES/CC  
552-3007  
Lt. Col. Michael Borgert,  
3rd SVS/CC  
552-2468  
Lt. Col. Paul Story,  
3rd SFS/CC  
552-4304

# Final reunion for 3rd Bombardment Group

By James Frank  
3rd Wing History Office

Hollandia. Wewak. Rabaul. "Jock" Henebry. Ray Wilkins. "Pappy" Gunn. Battle of the Bismarck Sea. Coral Sea.

All these places, names, and battles are distant memories for most of us, but not for the 17 World War II Veterans and their families who gathered in Austin, Texas, last week. This marked the final reunion for these 3rd Bomb Group veterans, also known as the "Grim Reapers," which held the distinction for being the most highly decorated unit in the South Pacific during World War II. These veterans gathered for the final time to remember and honor their brothers in arms that have since passed, and say one final goodbye.

Twenty years ago, these same veterans created the 3rd Bomb Group Association and have gathered together once a year to reminisce and honor the fallen. Stories continued to fill the room, some jovial as they remember the good times, and others heartbreaking as they remember friends lost.

Joe Long, a Grim Reaper crew chief, told the story of 'Steak & Eggs'—not a meal, but the A-20 attack bomber he and other crew chiefs assembled together from spare parts in the middle of a combat zone and bare base facilities. These men brought ingenuity and resourcefulness to the fight.

Robbie Robinson, a Grim Reaper maintenance officer, discussed the quality of the men that worked for him and their undying determination to ensure the battle weary aircraft were ready for the group's heroic pilots. These men brought dedication and respect for each other to the fight.

Dick McKinney, a Grim Reaper gunner, talked about how Japanese anti-aircraft guns blew off his left heel during a flight back to 17-Mile airfield. Once landing, the doctors directed their efforts to avoid gangrene, a major medical threat in the tropics, but lost the battle. McKinney had his foot and leg up to

his knee removed and was sent home. Several decades later, McKinney was feeling well and walking fine on his prosthetic leg when he met his pilot, Maj. Gen. John Henebry, at a reunion golf tournament. Henebry pleaded with McKinney saying, "I can't go home to tell people that a one-legged guy beat me at golf." These men brought bravery, courage, and a sense of humor to the fight.

Kathy Wilkins, the niece of Maj. Raymond Wilkins, awarded the Medal of Honor for his heroism during an attack on Japanese shipping in Simpson Harbor, sought the men and their personal stories who knew her uncle. The veterans, never asking what we can do for them, but what they can still do for us, were always ready to share their stories and experiences in the Pacific.

The Grim Reapers spent 41 months in combat, destroying 642 ships, more than 2,000 planes on the ground and in the air, demolished at least 200,000 pounds of supplies, and killed an estimated 41,000 Japanese troops with their low-level bombing and strafing techniques.

The Grim Reapers gained the advantage because of their determination and techniques, but not without cost. War is a deadly business and demands its price. The War in the Pacific cost the Grim Reapers 1,634 men killed in combat, another 28 died from disease, and approximately 2,500 Airmen suffered wounds in aerial combat. Overall, the group lost 174 aircraft between April 1, 1942 and Aug. 9 1945.

For the current 3rd Wing members that attended the final reunion, it was an opportunity to personally meet and talk to the men who built the rich and colorful heritage that belongs to the wing. It is not everyday one gets to meet walking legends and heroes. While these veterans do not consider themselves out of the ordinary, it was our honor to be in the presence of these great men! It was a chance to build a close connection with our past and show our deep appreciation for their service to our country 65 years ago.

## Reserve engineers remain asset to Pacific airfields

By Capt. Torri White  
477th Fighter Group Public Affairs

### ANDERSEN AIR FORCE BASE, Guam

-- The 477th Civil Engineer Squadron recently deployed from Elmendorf for an opportunity to once again contribute to the building of facilities in the Pacific theater.

In 1941, the 477th Civil Engineer Squadron, then the 804th CES, was activated at Schofield Barracks, Hawaii, as the 804th Engineering Aviation Battalion. Its mission was primarily to build, maintain and repair airfields in the Pacific.

After the Japanese attacked Pearl Harbor, they were the first group of engineers to begin recovery operations and continued to build, maintain and fortify facilities in Saipan, Canton, Fiji, New Zealand and Hawaii in support of the Marshall, Caledonia and Gilbert Campaigns for several years.

"This was a great opportunity to come back and do what we do best, build facilities to support and maintain air superiority in the Pacific," said Maj. Kevin Thomas, 477th CES commander. "It also enabled us to complete core training that sometimes takes years."

The squadron was deactivated in November 1945, and on Oct. 1, 1994, the Air Force Reserve reactivated the 804th CES at Elmendorf. On Oct. 2, 2007, the squadron was acquired by the 477th Fighter Group, a new reserve unit in Alaska, and was redesignated as the 477th Civil Engineer Squadron.

From 2003-2006, the 477th CES performed annual tours preparing for operational readiness

inspections. Last year they deployed to Kadena Air Base, Japan, for Silver Flag, a contingency-based training exercise designed for civil engineers.

This year they embraced the opportunity to fine tune their war time skills, and contribute to one of U.S. Pacific Command's top construction priorities. Northwest Field, an area constructed of two parallel abandoned runways on more than 2,000 acres along Guam's north shore, will soon be home to a new Expeditionary Combat Support Campus for the 554th RED HORSE Squadron, the 607th Combat Communications Squadron, the 607th Commando Warrior Squadron and the 554th RHS, Det. 1 (Silver Flag).

The 477th CES contributed by clearing and grading land, as well as assisting with the ground up construction of several facilities.

The \$200 million bed down of the three squadrons and one detachment uses RED HORSE labor, with Military Construction and Operations and Maintenance funding. The 554th RHS is currently busy with 18 construction projects that include road work and infrastructure. A contract to provide power, water and sewer is in progress.

With over five million square feet to clear and more than 50 facilities to build, the help was well received.

"This is no small project and the Reserves being here helps us (554th RHS) bulk up our resources," said Senior Master Sgt. Stephen Batherson, Chief



Air Force Members of 477th CES and 554th RHS structures build forms prior to pouring the concrete slab for a building at Northwest Field, Guam. The \$200 million Northwest Field project will provide facilities for three squadrons and one detachment.

of Operations for the 554th RHS. "With under 100 people total on any given day, and not all of those working on the construction project; it really helps to have them here."

"It starts raining a lot from July through November, so it's good to have the help now getting the walls and ceilings up. Then we can work on the interior when the rain starts," he added.

The first group of 16 was on site March 27-April 12 and the second rotation of 17 was here April 13-April 26.

*Story continued, Page 4*

# ABUs wearers ensure new uniform worn correctly

By Staff Sgt. JD Erhard  
3rd Wing Public Affairs

The following is a summation from the official message sent out September 2007 regarding the Airmen Battle Uniforms. Now that the snow is almost behind us, we should start focusing on how the ABU will look during the summer.

Keep in mind that the ABUs are not to be starched or hot pressed. If a crease needs to be moved due to placement of the stripes, one-time ironing is all it should take.

Basic ABU uniform configuration:

- ABU coat (shirt)**
- ABU trouser**
- ABU patrol cap**
- Desert sand colored t-shirt**
- Desert sand colored rigger belt**
- Sage green boot socks**
- Sage green suede boots (desert tan suede boots authorized)**

ABU patrol caps are the authorized headgear for wear with the ABU outside of the area of responsibility. Organizational caps are no longer authorized.

Enlisted rank should be positioned as per Air Force Instruction 36-2903. If crease on sleeve is not consistent with correct rank placement, ironing of the sleeves to "move" the crease is authorized. ABU sleeves may be rolled up as per table 2.2 of AFI 36-2903, the same as the Battle Dress Uniform/Desert

Camouflage Uniform sleeves.

Trousers will be boused as per table 2.2, line 2 of AFI 36-2903. If tucked in, trousers will present a boused appearance.

No patches are authorized on the ABU. Command insignia is not authorized on the ABU.

Shade variations between the ABU coat and trousers do exist in some inventories, these are authorized for wear. Shade variations are expected to be solved within a year.

Optional accessories such as backpacks, briefcases, hydration systems, and gym bags: continue to use black or Air Force sage green. ABU pattern items authorized are as they become available. When questions arise, local command interpretation takes precedent.

Do not starch or hot press the ABU. The ABU is a cotton/nylon blend fabric, repeated hot pressing or heavy ironing will accelerate the overall wear of the fabric. The ABU should be washed in detergent that does not contain optical brighteners, or the near infrared protection may be diminished. A partial listing of detergents that do not contain optical brighteners is available on the Air Force portal uniform website.

Requests for exception to policy for ABU-related uniform policies should be routed through your MAJCOM/AL to AF/A1DO.

For more information, call DSN 665-5000 or 210-565-5000.

## 477th CES assists other PACAF base

— Story continued from Page 3

"We were able to use all of our AFSC's for this project," said Chief Master Sgt. David Lishman, 477th CES Civil Engineer Manager. "We brought 34 qualified and trained civil engineers to the island including heavy equipment operators, power production, structures, electrical, liquid fuels, heating, ventilation and air conditioning/refrigeration, utilities, engineering assistants and even an entomologist."

The deployment enabled several members of the 477th CES to polish their craftsman skills, while offering others a chance to learn something new.

"They are laying rebar much different than I learned in tech school, and I'm glad I get to learn something new," said Senior Airman Kyle Warner, 477th CES heavy equipment operator. "I'm fairly new to the unit and this is my first time to work a construction project with the squadron."

Master Sgt. Tammy Thompson,

newly selected 477th CES first sergeant, performed her duties for the first time in a deployed environment.

"I attended the base first sergeant meetings here and worked as a liaison with the 554th RHS. Working as a first sergeant on this deployment has been a great learning experience. Most importantly I helped our Airmen secure the tools they need to work hard and also set up tours for them to enjoy the island in their free time," she said.

477th CES electricians assisted in the installation of the electrical distribution system for Northwest Field. "Basically that's ground up electrical work for a whole new base," said Master Sgt. Gorman Flatt, 477th CES electrician. "It's also giving us a chance to check off our yearly qualifications," added Tech. Sgt. Clint Shulenski.

"Northwest Field was the ideal location for the 477 CES annual tour this year," said Col. Eric Overturf, 477th Fighter Group commander. "Arctic Reservists got the chance to improve their combat readiness while providing much needed support for one of PACAF's most important construction projects. This deployment adds a new chapter to the unit's proud legacy of support for Pacific theater construction dating back to Pearl Harbor in 1941."

# Congress establishes day to remember Holocaust victims

Congress established the Days of Remembrance as our nation's annual commemoration of the victims of the Holocaust. This year's observance falls during the week of April 27-May 4, with May 2 being the actual Holocaust Remembrance Day (Yom Hashoah in Hebrew).

The Holocaust was the systematic murder of approximately six million Jews by the Nazis and their collaborators. Between the German invasion of the Soviet Union in the summer of 1941 and the end of the war in Europe in May 1945, Nazi Germany and its accomplices strove to murder every Jew under their domination. Because Nazi persecution of the Jews began with Hitler's accession to power in January 1933, many historians consider this the start of the Holocaust era. The Jews were not the only victims of Hitler's regime, but they were the only group

that the Nazis sought to annihilate.

While Holocaust is the common name used for this tragedy since the 1960s among the English-speaking world; the event was historically referred to as Shoah by the Jews themselves, which has a slightly different meaning. Holocaust is from an ancient Greek translation of the Hebrew scriptures and originally meant a sacrificial offering that was burnt completely, until nothing was left. Some people object to using this term, as it suggests some sort of sacrificial or religious significance to the event. The word Shoah is Hebrew and when translated means "a great catastrophe".

The theme for this year's Days of Remembrance is "Do Not Stand Silent: Remembering Kristallnacht 1938". Kristallnacht refers to a state sponsored anti-Jewish riot that occurred throughout Germany on November 9th

and 10th, 1938. The literal translation of the German word Kristallnacht is "Night of Crystal", but it has become more commonly known as the "Night of Broken Glass" because of the countless windows of Jewish homes, stores, and synagogues that were smashed by Nazi Party officials and local citizens.

During the 48 hour rampage thousands of Jews were assaulted, their property was vandalized or destroyed and synagogues were burned to the ground. About 100 Jews were killed and nearly 30,000 were arrested and deported to concentration camps where they were brutalized for the next several months before being released and told to leave Germany.

Although many German citizens disapproved of the events of those days, very few took action to try to stop the wanton violence. Kristallnacht proved to be a turning point

in Germany's treatment of the Jews. German Jews were systematically stripped of their citizenship and basic human rights. This dehumanization of the Jews culminated in the Holocaust (Shoah).

The Holocaust stands as a horrifying testament to the consequences of racism and discrimination. We owe it to ourselves and our children to ensure that the lessons of the event are not forgotten.

The 3rd Wing is hosting a Holocaust memorial service at 2 p.m. today at Chapel 2. All Elmendorf personnel are invited to attend.

For more information about the Holocaust or the Days of Remembrance observance, visit the U.S. Holocaust Memorial Museum website at [www.ushmm.org](http://www.ushmm.org).

*(Information provided by the 3rd Medical Group)*

## MCAAs win DOD level award for military support program

**Story continued from Page 1**

well as the senior military agents who evaluate, select and train volunteers. These applicants go through a rigorous training and field evaluation process before certification to perform conservation enforcement duties as an additional duty. Without them the program would fail, and failure is not an option, said Mr. Schmidt.

"I see the MCA program as critical to the base. The agents not only assist Wing Safety with

removing potentially hazardous wildlife (moose and bears) from the airfield, but are providing wildlife education in the schools and at the Wildlife Museum."

While conservation programs are not unique within the Department of Defense, Elmendorf is the only installation that allows active-duty members to undergo specialized training and serve as enforcement officers. And there is no shortage of applicants.

"This past weekend, we evaluated over sixty

applicants, of which only 20 were selected," said Mr. Schmidt.

The task these individuals have signed up for is not an easy one. In 2007, 32 members donated 8,237 hours. That is in addition to their normal military duties. That adds up to 3.5 years of volunteer service.

With that level of dedication, it is not hard to understand why they have been recognized as the best Military Support of Natural Resources program in the DOD.



## 90th garage sale

The 90th Aircraft Maintenance Unit will hold a garage sale from 10 a.m.-4 p.m. Saturday at Hanger 5. Spots to sell items can be reserved by base members.

For more information or to make a reservation, call 551-9072.

## Bear presentation

There will be a brown bear presentation from 6:30-8 p.m. Monday at the base theater. This presentation will discuss the dangers of the growing numbers of brown bears on and off base. All military and family members are encouraged to attend.

For more information, call Herman Griese at 552-0200.

## Spring break up party

The 2nd Annual Spring Break-Up Party will be at 4 p.m. May 9 at Hangar 5. A spaghetti dinner will be provided. Games for the kids and prizes will be given. Admission is \$3 and free for Top Three ticket holders.

For more information, contact any Top Three representative.

## Home buying seminar

A home purchasing seminar begins at 1 p.m. May 12 at the Housing Office, 6346 Arctic Warrior Drive. The class lasts for approximately two-three hours. Seating is limited.

For more information or to make a reservation, call 552-4439/4328.

## Language test

The Defense Language Proficiency Test will be offered at 1 p.m. May 14-15 at the Education Center. The test is divided into listening and reading portions. The listening portion will be given May 14 and the reading portion will be May 15. You must be registered to take the exam.

For more information or to sign up, call 552-9456 or e-mail [joseph.oneil@elmendorf.af.mil](mailto:joseph.oneil@elmendorf.af.mil).

## HCAC meeting

There will be a Health Consumers Advisory Council meeting at 2 p.m. May 16 at the Military and Family Readiness Center. This meeting is an opportunity for all organizations to voice views and concerns about the 3rd Medical Group and to inform beneficiaries about the services and programs offered. All base personnel are encouraged to attend.

For more information, call Tech. Sgt. Heather Paxson at 580-6400.

## Sponsors and supervisors

Base wide inprocessing is conducted at 1 p.m. every Monday, Wednesday and Friday at the Arctic Warrior Orientation Center in the Northstar Inn. All incoming Elmendorf personnel will need to have a copy of their most current leave and earnings statement as well as their records from their losing base.

For more information, call 552-6619.

## Operation Purple Camp

There will be a free summer camp for children of deployed military members ages 9-15 June 22-27 at Kings Lake Camp in Wasilla. The camp is open to children whose parents' deployment dates fall on or with the dates of May 2006 and September 2009. Children must be registered to attend.

To register, visit [www.operation-purple.org](http://www.operation-purple.org). For more information, contact Brandy Robinson at [brandy.robinson@elmendorf.af.mil](mailto:brandy.robinson@elmendorf.af.mil) or 580-6455.

## Housing speed limit

The speed limit in all housing areas has been lowered to 15 mph. Violations will be strictly enforced by the 3rd Security Forces Squadron patrols.

For more information, call Aurora Housing office at 753-1023.

## Aurora Housing walk-through

New tenants to Aurora Military Housing may have a move-in walk-through of their residence with a member of Aurora present.

For more information, call the Aurora Housing office at 753-1023.

## Parking within Aurora

All-terrain vehicles, snow machines, campers, trailers and non-operational vehicles—if parked for more than 48 hours—will be issued a citation and possibly towed.

For more information, call 753-1023 or refer to 3WI 31-204.

## Guides available online

The Elmendorf Newcomer Guides are now available online at <http://ElmendorfAFB.AQPublishing.com>. This guide will educate newcomers on the base and surrounding activities, events and hazards. Hard copies will be available in June.

For more information, call Tech. Sgt. Francesca Popp at 552-8014.

## Aurora recycling

Residents of on-base housing have received 64-gallon recycle carts for unsorted materials. Carts must be at the curb by 7:30 a.m. every Monday to be picked up. Items to be recycled: mixed paper, aluminum, tin and steel cans, plastic bottles and jugs.

For more information, call the Aurora Housing office at 753-1023.

## Advertise your event

Base members wanting to place event information in the *Sourdough Sentinel* can e-mail [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil).

Information must be received by noon Thursday at least one week before desired publication date. All information submitted is published on a space-available basis.

## Falcon loan

The Air Force Aid Society is now offering loans to active duty Airmen or spouses with Power of Attorney. The Falcon Loan is an interest-free

loan of \$500 or less to be used for emergency needs. Log on to <http://www.afas.org> to complete the application.

For more information, call the Military and Family Readiness Center at 552-9290/4943.

## U-Fix-It store

The Aurora Housing U-Fix-It store now offers supplies for spring and summer repairs. The U-Fix-It store is open 8:30 a.m.-5:30 p.m. Monday-Friday and 9 a.m.-noon and 1-4 p.m. Saturdays. Patrons can receive items for electrical, appliance, paint, pest control, plumbing and bathroom.

For more information, call the Aurora Housing Office at 753-1023.

## APEX hazard

Due to potential hazard, all APEX wearers should exercise caution with the vent zippers on the arms of the jacket. Wearers are authorized to remove the vent zippers to eliminate this danger.

For more information, call the safety office at 552-3389.

## Hometown news

Arctic Warriors can now submit a DD Form 2266 online at <http://hnforms.afnews.af.mil:8080/lserver/3WGELMENDORFAFB> for Hometown News release. This form will provide news about promotion, earning an award, PCSing, or retiring and more.

For more information, call Tech. Sgt. Francesca Popp at 552-8014 or

Airman 1st Class David Carbajal at 552-2493.

## Child care providers

Any individual conducting child care services in base housing for more than 10 hours per week on a regular basis must be a licensed family child care provider.

For more information on how to obtain certification, call 552-3995.

## Base public tour

The 3rd Wing Public Affairs office offers public tours the first Friday of each month April-October. The third tour is set to be held June 6.

For more information or to sign up, call 552-8014.

## Workstations during non-duty hours

All Elmendorf employees are being asked to leave NIPRnet computers on during all non-duty hours. Network pushes such as patches, anti-virus and the SDC 1.2 upgrades happen during non-duty hours. This avoids competing for network bandwidth during high use periods and minimizes the inconvenience of forced computer reboots when you are trying to conduct business. Computers and monitors go into a "power save" mode which draws far less power while remaining on and will save more energy than those that get powered off while not in use.

For more information, call Master Sgt. Daniel Hall at 552-4540.



## Chapel Schedule

### Catholic Parish

■ **Monday-Wednesday and Friday Mass:** 11:30 a.m. at the Chapel 2

■ **Thursday Mass:** 11:30 a.m. at the Hospital Chapel

■ **Sunday Mass:** 10:30 a.m. at Chapel 2

■ **Sunday Evening Mass:** 5 p.m. at Chapel 2

■ **Confession:** 4:30 p.m. Sundays at Chapel 2

### Protestant

■ **Liturgical Service:** 9 a.m. Sundays at Chapel 2

■ **Celebration Service:** 9 a.m. Sundays at Chapel 1 annex

■ **Gospel Service:** noon Sundays at Chapel 2

■ **Fellowship Praise:** 5 p.m. at Sundays Kashim Club

### Religious Education

■ **Catholic Religious Education:** Sunday at noon-1 p.m. at the Kashim Club

■ **Protestant Sunday School:** 10:30 a.m. at the Kashim Club.

For more information, call the Chapel at 552-4422.

# Study reveals activities of local bear population

By Renée Nelson  
3rd Wing Public Affairs

Common portrayals of bears range from the benign teddy-bear persona of Winnie the Pooh to the helpful and respected image of Smokey the Bear, from the harassed and misunderstood performing bear in "Dr. Doolittle 2" to the ferocious, man-killers in "Legends of the Fall."

The truth about bears in the wild is somewhere in between; most bears in the local area are wary and attempt to avoid contact with humans. This is one of the messages supported by a recent two-year study by the Alaska Department of Fish and Game, in conjunction with Elmendorf Air Force Base and Fort Richardson.

"We basically wanted to answer three questions," said Dr. Sean Farley, bear research biologist, Alaska Department of Fish and Game. "Where do they go, what do they eat and how many are there?" Dr. Farley will present the findings of the study to Arctic Warriors at 6:30 p.m. Monday at the base theater. The study will serve as a baseline for the brown bear population for land management purposes.

According to a recent Department media release, 11 adult bears, including several sows with cubs, were captured and fitted with GPS collars programmed to record hourly locations and to track their movements. Researchers located the bears from a small plane and downloaded location data showing each bear's movements during two-week periods. These locations enabled researchers to identify habitat and movement corridors as the bears traveled from den sites to salmon streams.

"Bears are difficult to track," said Herman Griese, Elmendorf wildlife biologist. "It was a real eye opener when we reviewed the results of this research."

Maps illustrating the bears' movement show travel throughout most of the installation, especially along corridors of green belts, the Knik Arm bluff and along Sixmile Creek. Abundant foliage

provides natural cover for these animals that routinely move undetected across the base.

"We could be within 50 feet of one of the bears and would only know it was there because of the GPS collar," said Dr. Farley. "They're incredibly adept at concealing themselves."

Blood and hair samples were collected from the captured bears, according to the release. Researchers analyzed these samples to calculate the brown bear diet. On average, their summer diet consisted of 35-40 percent salmon, 30 percent moose, and the remainder berries and vegetation.

"This information is critical to our residents and employees," said Brig. Gen. Tom Tinsley, 3rd Wing commander. "At this time of year when bears are leaving their dens, it's too early for the salmon run or for hillside berries. They'll be hungry and looking for whatever they can find to eat."

With their primary food sources more limited in the spring, smells from outside buildings and residences can attract hungry predators.

"Many items can attract bears including garbage, human food, fish or game parts, pet food, wild bird food, unclean barbecue grills and fish smokers, and even petroleum products in soft containers," said Mr. Griese. "Removing or reducing these attractants around residences, offices and family camp units can reduce the chance of a problem."

Researchers collected more than 450 hair samples from trees and low vegetation along Campbell Creek in Bicentennial Park, along Sixmile Creek on Elmendorf, and from various hiking trails on Fort Richardson. DNA analysis of these samples identified a minimum of 20 individual brown bears using Bicentennial Park and the Campbell tract area, and 15 brown bears using Fort Richardson and Elmendorf. Some bears crossed into all areas sampled. Throughout the study area 36 brown bears were identified by hair samples and other means, which represents an absolute minimum number of animals, according to the media release.

In addition, experts said the number of black bears in the area is likely two- to four-times the number of brown bears, translating to an estimated 30 to 60 black bears on Elmendorf and Fort Richardson property. The base is also home to moose, coyote, wolves, and a variety of other species that may pose a risk to humans, although on-base reports of incidents with these animals are rare.

On base, people should report any bear sightings near housing and industrial areas to the Law Enforcement desk at 552-3421/4444. Reporting bears seen in wooded areas away from human activity is unnecessary.

"Wildlife is one of the many attractions of Alaska, but sometimes we forget that we're in the midst of their natural habitat even on base," said General Tinsley. "With the proper awareness and precautions, we can enjoy flora and fauna in this state and keep ourselves and our families safe."

Salmon-spawning streams are limited in the Anchorage area, and salmon are a critical food source to coastal brown bears. Collared bears were observed moving from den sites in the Chugach Mountains to salmon-spawning streams in the Anchorage Bowl, such as the north and south forks of Campbell Creek and Sixmile Creek on Elmendorf. The GPS and DNA data appear to show the Glenn Highway, particularly the fenced portion, is a partial barrier to bear movement from the mountains to the coast.

Brown bears are not just visitors in the Anchorage Bowl; many of them spend most of the summer in areas frequented by people, according to the study.

"Bears follow the same streams and trails on base and in Anchorage that we do," said Mr. Griese. "It's important that people recognize that they're there and can be dangerous, even if we don't always see them."

The Alaska Department of Fish and Game web site at [www.adfg.state.ak.us](http://www.adfg.state.ak.us) includes information on traveling through bear country in a brochure called "Bear Facts."

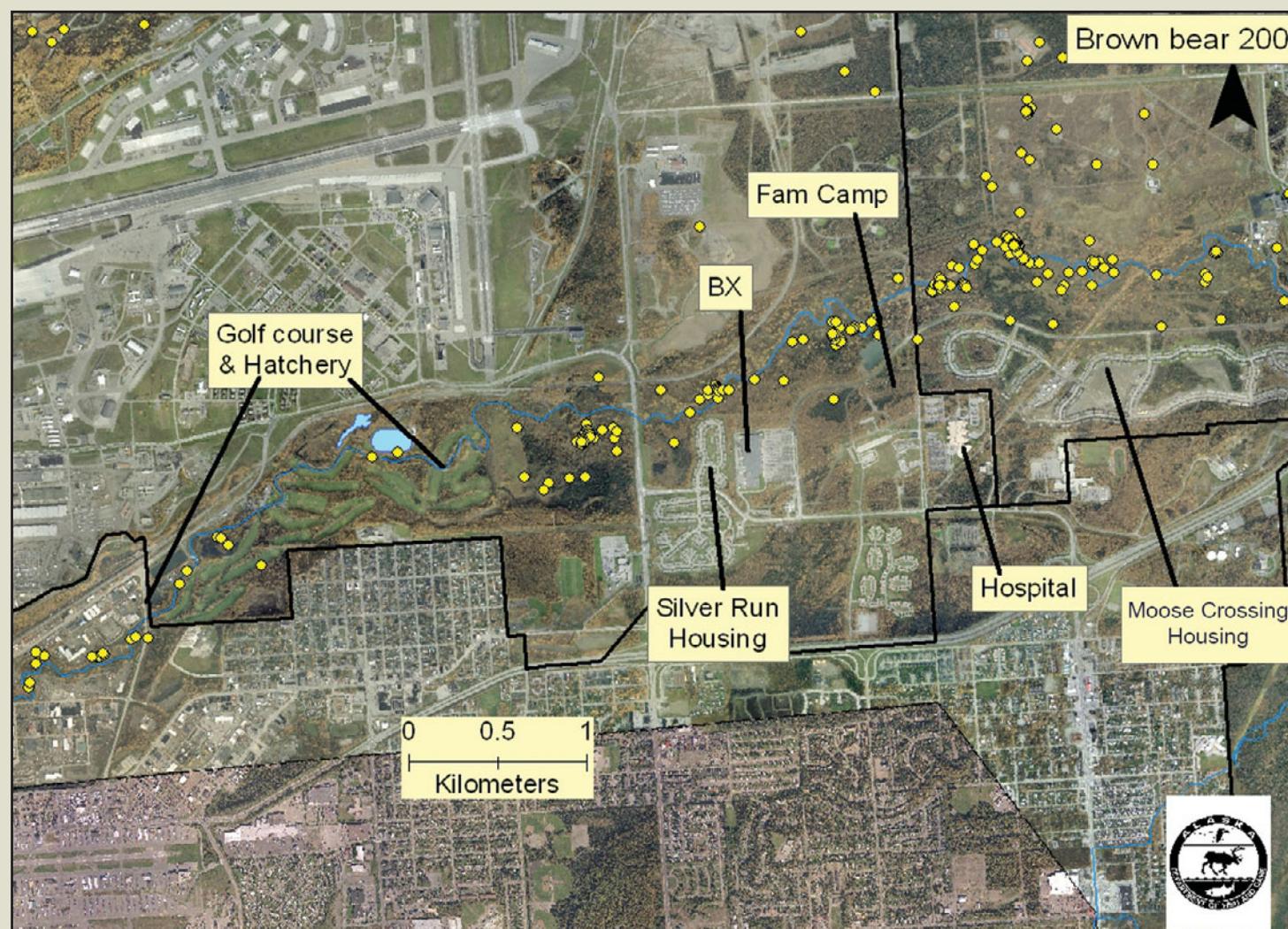


PHOTO ILLUSTRATION PROVIDED BY ALASKA DEPARTMENT OF FISH AND GAME

**Yellow circles on the map depict locations of one brown bear during the study. The study showed brown bears travel throughout most of the installation, but primary movement corridors are within the Ship Creek green belt, east of the airfield, along the Knik Arm bluff and along Sixmile Creek. Abundant foliage provides natural cover for these animals that routinely move undetected very near base facilities and housing.**

# Arctic Warriors welcomed home



Senior Master Sgt. James Inman, 3rd CS, and Chief Master Sgt. Tad Alex 3rd Medical Group, grill hotdogs and hamburgers for the attendees of the welcome home celebration.



Staff Sgt. Lisa Edwards, 3rd Maintenance Operations Squadron, has her picture drawn by artist Lacey Sarafin. Mrs. Sarafin is the drawing instructor at the Arts and Craft center.



Lt. Col. Steve Ankerstar, 3rd Operations Support Squadron, gives an interview to a local television station April 24 while holding his daughter. More than 175 Arctic Warriors were on hand to be welcomed home during the ceremony. Colonel Ankerstar was one of three returning members to be presented with an Air Force Combat Action Medal for his service while deployed.



Above: Capt. Dennis Spencer, 3rd Medical Operations Squadron, talks about his experiences while deployed during the Arctic Warrior Welcome Home.

Left: Arctic Warriors pick up food items during the welcome home celebration.

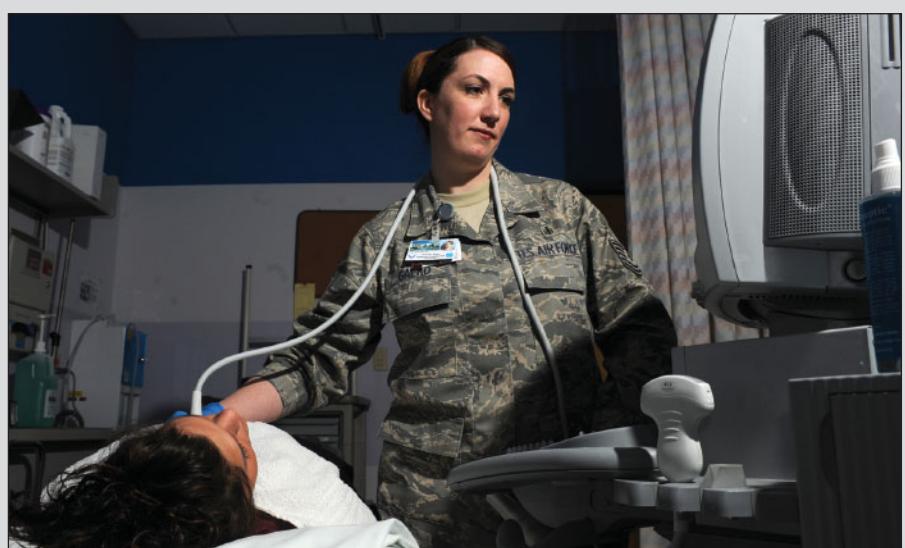


PHOTO BY AIRMAN 1ST CLASS MATT OWENS

## Tech. Sgt. Brandy Galko Arctic Warrior of the Week

**Organization and duty title:** 3rd Medical Support Squadron NCO in charge of Ultrasounds

**Hometown:** Stafford, Va.

**Hobbies:** Spending time with my husband and two children, riding bikes, cooking, ice skating

**Mission contribution:** I provide 24-hour ultrasound services to DOD members and dependents to aid in their diagnosis and medical treatment.

**Best part of your job:** Making patients (young and old) feel at ease about difficult exams.

**How long have you been at Elmendorf:** Three years, six months

**Time in service:** 11 years

**Best part about being in Alaska:** All of the outdoor activities and the beautiful wildlife and scenery. You can't see it anywhere else.

**Best Air Force memory:** All of the lifelong friends I have made.

**Quote from supervisor:** "Tech. Sergeant Galko is an essential asset of the radiology team. Her level of skill in performing ultrasound exams and her willingness to help is invaluable!" Maj. Jason Eves

## CSAF releases quarterly reading list selections

**Gen. T. Michael Mosley**

Chief of Staff of the Air Force

More than 105 years ago, American inventors from Dayton, Ohio, changed the world by ushering in the era of manned flight. Since then, Airmen have continued to innovate, pushing the limits of imagination and technology to dominate the air and ensure our nation's security. As we expand our horizons, I recommend three new books to enhance your professional development.

The first book, *Gods of Tin*, by James Salter, reminds us of our epic Air Force heritage, bringing to life his riveting tales as a fighter pilot flying more than 100 combat missions over Korea. Air superiority turned the tide in Korea and remains critical today. Salter's book drives home the absolute necessity for air dominance.

While we have dominated the air since the Korean War, winning today's fight requires us to also dominate space and cyberspace. The second book, *On the Edge of Earth: The Future of American Space Power*, by Steve Lambakis, reflects on America's accomplishments in space and its strategic importance to our national security. Space superiority is so vital to the joint warfighter's asymmetric advantage that we hold space systems among the Air Force's top acquisition priorities.

The final book I suggest you read this quarter is Michael Reid's *Forgotten Continent: The Battle for Latin America's Soul*. Latin America holds a vast amount of resources and more arable land than any other region in the world. As the nations of Latin America struggle to compete in the global marketplace, industrialized nations such as China and Russia seek greater sway in what was formerly almost exclusively a US area of influence. Reid describes Latin America's unique opportunities and challenges and explains how economics and politics in the region affect our national security interests.

Fly, Fight, and Win!



# Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community



**Aero Club Open House**  
10 a.m.-2 p.m. Saturday  
Rain Date is Saturday, May 17  
First 10 New Members to sign up will receive an AVCOMM 200 headset.

Ten cents per pound flights  
Hamburger & Hotdogs  
Chips and Sodas

Bring a camera, sit back and enjoy your flight. Bring your child's safety seat if they intend to fly.

**Aero Club**  
753-4167

**Pet Fun Run**  
Noon Saturday



Bring your favorite pet and run the 5K or walk the mile and one half course. Prizes and other giveaways.  
**Fitness Center** 552-5353



**Monday Evening Bike Trip**  
5 p.m. Monday  
The ride leaves the ORC at 5 p.m. Rides are for ages 16 and up, and are free. If you need a bike, rental is five dollars. Sign up in advance.

**ORC**  
552-2023

**Today**  
Basic Automotive Services Class, 5 p.m. by appointment, Auto Hobby Shop, 552-3473.

**Friday Night Bargain Bowling**, 10 p.m. -1 a.m. Bowl for \$12 per hour per lane. Five bowlers per lane, Polar Bowl, 552-4108.

## Saturday

**Xtreme Bowling**, 9 p.m.-1 a.m., \$18 per person for four hours, \$15 per person for three hours, \$12 per person for two hours, Includes shoes, Polar Bowl, 552-4108.

## Sunday

**Family Xtreme Bowling**, 1-8 p.m., \$30 package includes shoes, two hours of bowling, two pitchers of soda, a bucket of popcorn and up to six bowlers per lane. Polar Bowl, 552-4108.

**Cinco De Mayo Sale**, May 3,4 & 5, "Close out" from 2007, new and used clubs, demo

bags, shoes and selected apparel at the Pro Shop, Eagle Glen, 552-3821

**Monday**  
**Kenpo Karate**, 6-7 p.m., children and families, 7-8 p.m., adults only, Arctic Oasis, 552-8529.

**Kids Bowl Free**, 5-9 p.m., bring your parents in to bowl and for every paid game your parents bowl one of yours is free. Polar Bowl, 552-4108.

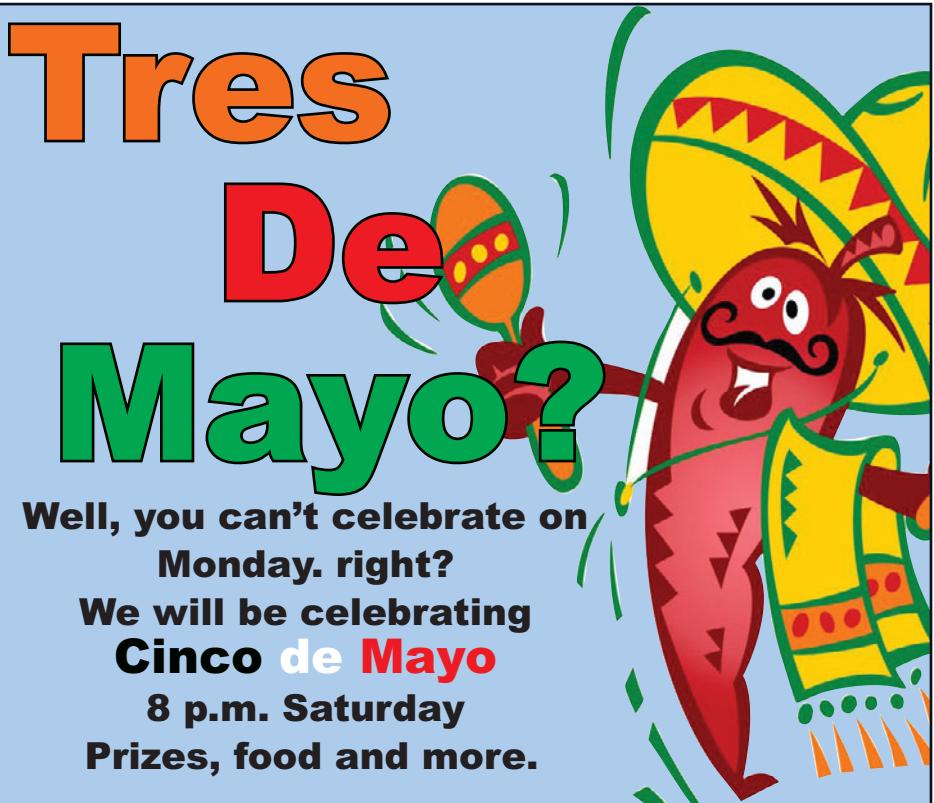
## Tuesday

**Bargain Basement Bowling**, 5-9 p.m., \$5 per person all you can bowl, shoes not included, Polar Bowl, 552-4108

**Cross Training**, 10:30-11:30 a.m., 16 years old and up, Arctic Oasis, 552-8529.

**Music for Little Mozarts**, 10-10:45 a.m., 3-5 years old, Arctic Oasis, 552-9529.

**Tae Kwon Do**, 5-6 p.m., white-orange



**Kashim Club**

552-2393



**FREE FAMILY MOVIE NIGHT**  
6 p.m. May 9

Free Popcorn

**Arctic Oasis**  
552-8529

## Fort Rich. Theater

7 p.m. Today

*Shutter (PG-13)*

*A young photographer and his girlfriend find ghostly images in his photographs as well as around them while on their honeymoon in Tokyo.*

2 and 7 p.m. Saturday

*Horton Hears a Who (PG)*

*One day, Horton the elephant hears a cry from help coming from a speck of dust. Even though he can't see anyone on the speck, he decides to help it. As it turns out, the speck of dust is home to the Whos, who live in their city of Whoville. Horton agrees to help the Whos and their home, but this gives him nothing but torment from his neighbors, who refuse to believe that anything could survive on the speck. Still, Horton stands by the motto that, "After all, a person is a person, no matter how small".*

7 p.m. Saturday

*Never Back Down (PG-13)*

*At his new high school, a rebellious teen Jake Tyler is lured into an ultimate underground fighting club in a Backyard Fight, where he finds a mentor in a mixed martial arts veteran. After receiving threats to the safety of his friends and family, Jake seeks the mentoring of a veteran fighter, to train his mind and body for one final no-holds-barred elimination fight with his unrelenting personal nemesis and local martial arts champion Ryan McCarthy.*

**Dos De Mayo?** 4 p.m., Celebrate Cinco De Mayo, stop by the Cave and enjoy a taste from South of the Border with Mexican Style Flair, Susitna Club, 552-3298

# Peach State base

By Capt. Tony Wickman  
71st Flying Training Wing Public Affairs

## Across

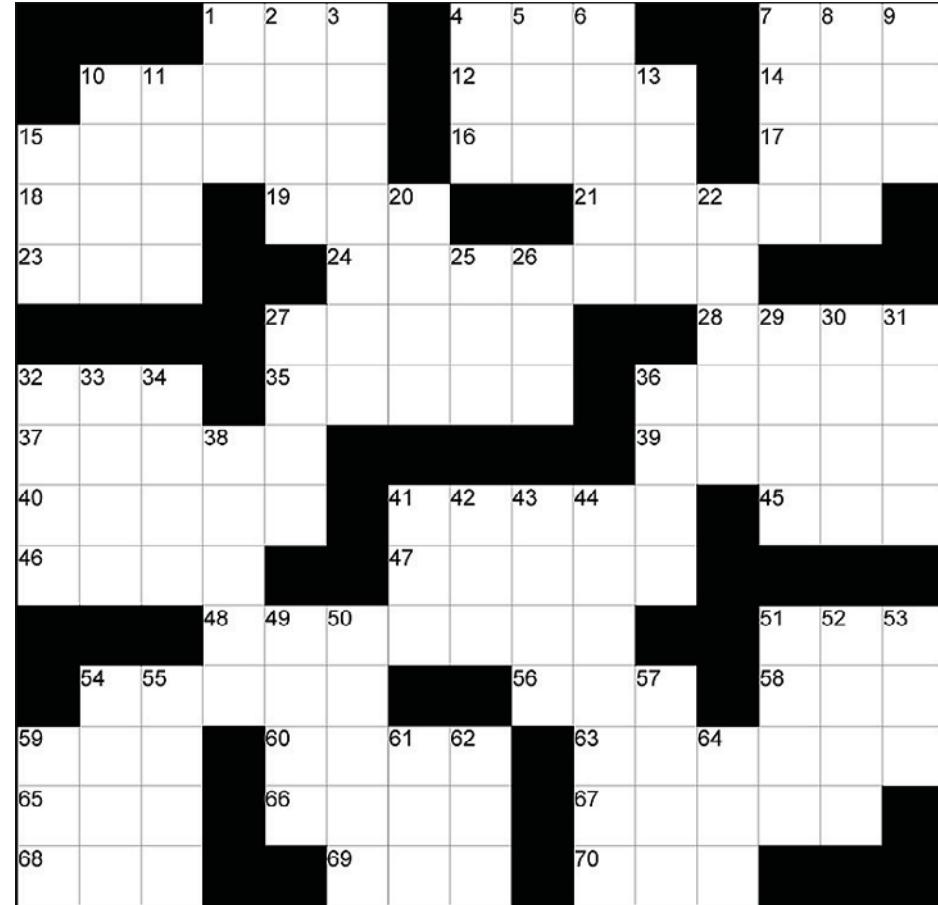
- Mil. duty status
- Taxing org.
- Sheep's sound
- Model Klum
- Raised platform
- WR-\_\_\_\_; Peach State base unit commanded by Maj Gen Tom Owen
- BG Augustine \_\_\_\_ Robins; Peach State base namesake
- MAJCOM on the Peach State base
- Grievous distress, affliction, or trouble
- \_\_\_\_ a Wonderful Life
- Stomach muscles
- F-15; part of the Peach State base's heritage museum
- Offensive; 1968 Vietnamese attack on U.S. forces
- Peach State capital
- Japanese or Korean person
- Make a fermented alcoholic malt beverage
- Sack
- Col Warren \_\_\_\_; current ABW commander at Peach State

## base

- Persons of the highest class
- Actor Flynn
- Mission of Peach State base
- Fabled dwarflike creature living underground with treasure
- To suppress; omit; ignore; pass over
- USN O-1
- Dr. Ronald \_\_\_\_; retired Maj Gen, astronaut; former USECAF
- Town near Peach State base
- County where Peach State base is located
- 157°30' east of due north
- Acquire knowledge of or skill in by study
- Sleep for a short time; doze
- Overseas mil. Address starter
- Homer's neighbor
- MAJCOM Peach State base is assigned
- Col. Charles E. "Steve" \_\_\_\_; Peach State base's first commander
- Droop
- Fibber
- Large sea duck
- Orange or lemon beverage
- Child's plaything
- Mil. Pay entitlement during a PCS

## Down

- Relative
- Thought
- USAF site
- Actress Lupino
- \_\_\_\_ Lakenheath
- Alarm
- Cry
- Lotion ingredient
- Pilot with 5+ aerial victories
- Loathe
- Before the present time; formerly
- Jazz singing with improvised,



meaningless syllables

- Natural ability to perceive and understand; intelligence
- Move slightly or lightly
- Whole end wall of a building or wing having a pitched roof
- Tutelary deity or spirit of an ancient Roman household
- Whatever or whichever it may be
- Operation \_\_\_\_ Sentry
- Advanced to the point of being in the best condition for use
- College; British school
- Dampens
- Asks for as a gift, as charity, or as a favor
- Thomas Augustine \_\_\_\_; British composer
- bowl; USAF dining-in
- instrument
- Garden spot
- D-Day beach
- 13 letters of the alphabet
- Broad flat muscle on either side of the back
- Image; representation
- Gave away
- Type of test
- Unqualified or incompetent
- Alike
- Box
- Greek goddess of the dawn
- Periodic Table Pb
- Brink or verge
- TV doctor
- US cryptologic org.
- Chairman Zedong
- Shed tears
- \_\_\_\_ Mae; Whoopi in Ghost



April 25 solution

# Air Force JROTC offer retiring Airmen jobs

Exciting opportunities for retired and retiring Airmen are available in Air Force Junior ROTC. This is the chance to positively influence America's future by passing on your knowledge and skills to young adults.

AFJROTC currently has more than 50 officer and more than 30 NCO instructor positions open at locations across the U.S. There are 869 units world-wide and 10 new units will open up for the next school year.

More than 101,000 students are enrolled in AFJROTC.

"We are looking for retired officers and NCOs who want to continue serving by teaching the next generation of leaders," said Col. Richard J. Ragaller, director of Air Force Junior ROTC at Maxwell Air Force Base, Ala.

"AFJROTC is an opportunity for Airmen to use the skills they learned and the education they received while in the Air Force to prepare high school students to succeed after they graduate," he said. "I don't think there can be any more rewarding career than 'Building Better Citizens for America'."

JROTC instructors exemplify the Air Force's Core Values and set the highest standards of conduct and appearance for themselves and their students," he said.

Retired active-duty Airmen interested in becoming JROTC instructors must have retired from active duty within the last 5 years.

Airmen on active duty may apply for positions when they are within six months of their retirement date. The five-year requirement may be waived up to ten years based on applicant qualifications and

the needs of the program.

Under provisions of the 2007 National Defense Authorization Act, retired Guard and Reserve Airmen may also apply. Guard/Reserve applicants must have been retired within the past 5 years or less with 20 "good years" of service and possess a DD Form 214/NGB Form 22, ANG/USAFR Point Credit Summary and have at least 3600 retirement points.

Officers must have a bachelor's degree or higher and NCOs must have a minimum of high school diploma and must obtain an associate's degree within 5 years of employment. Additional education degrees and teacher certification are an advantage and may be required by some school districts.

Instructors wear the Air Force uniform and must meet the Air Force appearance and weight/body fat standards. They must also have high standards of military bearing and moral character.

AFJROTC provides TDY funding for new instructors to complete Air University's 2-week Aerospace Science Instructor Course at Maxwell AFB prior to receiving certification for instructor duty.

The course includes training on instructor performance, standards and accountability as representatives of the Air Force; learning theory; communication skills; teaching methods; lesson planning and student evaluation.

The mission of Air Force Junior ROTC is "Building Better Citizens for America." The Air Force Core Values provide the basis for the program. The curriculum provides cadets with leadership opportunities, life skills education, team-building experiences,

character education and academic studies. Air Force JROTC provides its students with the tools for success after high school.

Instructors are guaranteed a minimum salary equal to the difference between current active duty pay and allowances, less their gross military retirement pay. Being an AFJROTC instructor does not impact a member's military retired pay.

Some school district may pay above the minimum required salary. Gray-area Guard/Reserve members receive a minimum salary equal to their active duty counterparts.

For more information about instructor opportunities, call toll free (866) 235-7682, ext. 35112 or 32535. The DSN number is 493-5112 or 2535.

To see the complete instructor requirements and applications information, visit [www.aoats.af.mil/AFJROTC/instructors.asp](http://www.aoats.af.mil/AFJROTC/instructors.asp)



PHOTO BY STAFF SGT. JASON LAKE

**Air Force Junior ROTC Cadet Stephanie Hurstell looks through a display during a visit to the Pararescue and Combat Rescue Officer Training School at Kirtland AFB, N.M.**

# 3rd AMXS Airmen cruise undefeated through post soccer tourney



PHOTOS BY JOHN PENNELL

Alejandro Enriquez, B Company, 425th Brigade Special Troop Battalion, blocks a pass from Daniel Harloff, 3rd Aircraft Maintenance Squadron, in the championship match April 19 at Buckner Physical Fitness Center.

**John Pennell**  
Fort Richardson PAO

The Airmen of the 3rd Aircraft Maintenance Squadron outscored their opponents 38-11 over the course of four games to sweep the indoor soccer tournament.

B Company, 425th Brigade Special Troops Battalion, 3rd AMXS's opponent in the final two games April 19 at Buckner Physical Fitness Center, scored 10 of the 11 goals the Airmen allowed, but never really came close to stopping the soccer rout.

Both teams were undefeated when they met, but 3rd AMXS walked away with an 8-6 victory, sending B/425th to the loser's bracket.

B/425th battled E Company, 725th Brigade Support Battalion to a 5-5 tie in regulation, and then won on a kick by Andrew Chang in overtime.

E/725th, playing their second overtime game of the day, finished the tournament in third place.

By beating E/725th, B/425th earned the right to tackle 3rd AMXS again, but playing a third straight game proved too much.

The Airmen scored early and often, and led 5-2 at the half. The second half was more of the same, with the AMXS Airmen winning 10-4.



Alejandro Enriquez, B Company, 425th Brigade Special Troop Battalion, brings the ball up court against pressure from Robert Rjasko, 3rd AMXS, in the championship match Saturday at Buckner Physical Fitness Center.

## Strength training great for weight loss

Strength training includes any type of exercise where you work against resistance. This includes any movement using your own body weight, bands, tubes, resistance machines, or free weights.

Incorporating a strength training routine into your weight loss program can help you lose weight. First, resistance training is a great calorie burning exercise.

On average you will burn approximately 200-400 calories per session.

Another benefit of strength train-

ing is that your metabolic rate will stay elevated for some time after the workout.

Some research studies show that metabolic rate can stay elevated for more than 12 hours.

This means you are burning more calories even at rest. However, the main advantage of strength training is that it preserves muscle so if you lose weight more of it comes from fat. If you continue resistance training for several months you may actually gain muscle.

Adding muscle is great because

it takes more energy to fuel the extra muscle with most of these calories coming from fat.

As with any new exercise, start gradually. Begin lifting a couple of days a week using light weights at first. As your confidence grows, you can increase the number of days you train, the amount of weight you use, or the number of exercises you do. An appropriately designed resistance training program can be an effective tool for weight loss.

(Information provided by the Elmendorf Fitness Center)

